

Sept. 20/90

TO: Andy Whiteley

FROM: George Briggs

*File
Back
of Edinburgh*

RE: Duke of Edinburgh Award Programme

A number of years ago, under the auspices of the Cadet Programme at Ridley we participated in the Duke of Edinburgh Award Programme (D of E). We have re-introduced the D of E Programme this year and the response from the students has been most encouraging. We presently have 31 students registered in D of E; students who will complete specific requirements in each of the following four areas: Community Service, Physical Fitness, Skills/Hobbies and Expeditions (please see attached description).

We will need to provide backpacking and camping equipment for the students to complete the expedition component which is described in the attached document. The cost to outfit 30 students for expeditions is approximately \$500.00 per student. This cost includes a lightweight tent, sleeping bag, camp stove, backpack and cooking utensils. The students will pay for clothing and food as well as transportation to wilderness areas. The total cost to outfit for 30 students is \$15,000.00.

I believe that we would not be spending money efficiently to rent equipment from retail suppliers. As an example, the cost of renting a tent valued at \$250.00 for 2 days is \$50, and availability of rental equipment poses a problem.

I would like to request an allocation of \$15,000 to purchase equipment. I would be delighted if we could find a sponsor for the project, but failing that I propose that we charge a \$100.00 rental fee per year for students in the D of E programme. We could then amortize the cost of equipment over a five year period.

This is an extremely worthwhile programme that encourages young men and women to challenge themselves as well as developing skills and attitudes that will be useful to them in their adult years. I do hope that we can find the funds for this programme.



WHAT THE AWARD IS

Statement of Purpose

Our objective is to challenge young people between the ages of fourteen and twenty-five years to reach for their best. The awards are designed in ascending standards of achievement: "Bronze", "Silver", and "Gold" levels. Each standard provides for training, achievement and recognition in the basics of good citizenship. A wide variety of interests is embraced, including physical activities, educational training, self-discipline, and service to the community - all designed to advance the physical, mental and spiritual welfare of the younger generation and thus to enhance good citizenship.

We also aim to encourage adults to take a greater interest in young people and assume more responsibility for a healthy development of citizens. For the adult, it provides the discovery of hidden abilities and a sense of satisfaction from helping others to overcome a challenge.

Opportunity and Challenge

The Duke of Edinburgh's Award, designed with great care by a small team in 1956, was a means to encourage and motivate all youth over the age of 14 years to voluntarily become involved in a variety of personal development activities, including community service, expeditions, skills and fitness. Hence, each young person who undertakes this Programme has to select one activity under each of these four headings, thus gaining exposure to such new experiences as social responsibility and adventure training.

The aims of the Award Programme are quite specific and are simply stated: to encourage and stimulate:

- a) self-reliance and self-discipline.
- b) perseverance and determination.
- c) initiative and creativity.
- d) community involvement and social responsibility.
- e) value orientation and value-oriented decision making.
- f) the spirit of adventure.
- g) fitness of body and mind.
- h) vocational, cultural and family life skills.
- i) international understanding and awareness.

The Programme

The Award Programme is not a youth organization, but simply a program intended to be flexible enough to meet the needs and interests of all young people, no matter what their backgrounds. As the Programme aims to broaden interest and deepen experience, it embraces a very wide range of adventurous, cultural and practical activities from which young people may choose those best suited to their own enthusiasms and aptitudes. They then follow these activities in their own time with guidance from someone knowledgeable in each subject and, when the stated requirements are met, they qualify for an Award. In addition to the satisfaction of completing the task which they have undertaken, they receive a pin and certificate on behalf of The Duke of Edinburgh to mark their achievement.

The programme needs experienced people and organizations to apply it, and is run in most cases through youth groups or schools. Individuals not associated with a youth group may also participate using the Provincial Director as advisor and assessor.

The Award Programme is voluntary and non competitive, as each individual is assessed on **progress, perseverance** and **achievement**, thus making the Award within the reach of all. Those attempting the Award are encouraged to learn through experience and to enjoy themselves in the process, but a degree of self-discipline, enterprise and effort is demanded from all.

Young people may take part in the Programme individually or with others in their age group and, in gaining the Award, they are likely to discover much about themselves and come to know the satisfaction of working with and for other people.

For adults, the Programme offers the opportunity to be actively involved with young people and share their leisure-time interests. The Programme helps remove the barriers which today's society sometimes seems to erect between generations.

In pursuing these activities, young people will acquire self-reliance and learn responsibility. Both qualities are attributes of citizenship, but some faith in life is also important. It is neither desirable nor possible to test spiritual strength in connection with this Programme, but it is hoped that all who are helping will have regard to this aspect of a young person's progress.

The Awards

There are three separate Awards — Bronze, Silver and Gold — and young people may enter at whatever level is most suited to them, keeping the age requirements in mind. The starting point is marked by the payment of a small registration fee upon which each participant is given a Record Book used to record their progress through the Programme.

The Sections

Award activities are arranged in the following separate sections. In each, there is a wide choice:

- a) Service — to prepare for and give service to others;
- b) Expeditions and Explorations — to undertake a challenging journey of discovery;
- c) Skills — to develop personal interests and social and practical skills;
- d) Physical Fitness — to take part in a planned program of physical activities.

The sections are intended to complement each other and provide a balanced program reflecting different aspects of leisure activity.

Inevitably, the content of the different sections overlap but, to ensure that no-one follows too narrow a range of activities, different types of activity are selected in the different sections. The overall program for any participant should, whenever possible, include both mental and physical activities.

Administration and Operation

The Duke of Edinburgh is the patron of the Award Programme and ex-officio, sits on the Board of Directors on whose behalf the Programme is administered by the Award Office. The National Award office, which deals with matters of policy and central administration, is located in Toronto, Ontario. Provincial Award offices are located in major centres across the country.

Responsibility for operation of the Award is delegated to a number of individuals known as advisors. Advisors must satisfy the provincial director that they understand the full implications of the Programme, are in a position to safeguard its aims and standards and can establish the administrative framework to enable the Programme to function. The advisor helps an Award participant design a challenging personal achievement programme, recognizes suitable assessors and instructors for the Programme and supervises the participant's overall progress. In some circumstances the advisor may also be the assessor. Advisors are often leaders in participating groups, but Gold Award achievers and other capable individuals are also appointed to this role.

Bronze and Silver Awards are approved by provincial councils while Gold Awards are approved by the Board of Directors.

Many existing organizations, authorities and other bodies concerned with the education, welfare or training of young people are registered as participating groups, and anyone wishing to participate in the Programme may do so, either on their own or through one of these groups. However, a young person need not belong to a particular group or organization in order to participate. The Programme

may be operated in many different environments and thus offers the means of linking together a great number of organizations and individuals concerned with young people. Some examples of participating groups are national youth organizations, education authorities, church organizations and independent youth clubs.

Instruction and Assessment

In all sections of the Programme the participants should be guided by persons who are knowledgeable about the activity being followed. When they have completed each section they must be assessed. The assessor's signature in the Record Book shows the section has been completed. The basis for assessment and the responsibility for finding and approving instructors and assessors is outlined in the separate conditions for each Award.

Gold Award Achievers

Gold Award achievers wishing to continue their involvement in the Award Programme are encouraged to do so by acting as advisors and assessors, helping at Award ceremonies, assisting with publicity and fund raising.

Gold Award Societies have been formed in a number of provinces. Further information about these groups is available from the provincial directors or the National Award Office.



THE AWARD PROGRAMME IN ACTION

Initiating the Programme

Every organization and individual leader wishing to adopt the Programme should think carefully about what it has to offer and how it can serve the young people who are its particular concern. Wherever possible, Award activities should be dovetailed into existing programs rather than superimposed upon them.

In youth organizations and clubs, the Award can be used as a ready-made program of leisure interests, as an added inducement to existing activities and to widen the scope of opportunities offered to members. In some organizations with their own badge systems, it is possible to follow one activity for both a badge and part of the Award.

In schools, the Programme can be used as an incentive to take part in extra-curricular activities and to provide an opportunity for teachers and pupils to work together in an informal atmosphere.

Disabled participants can find equal challenge, enjoyment and satisfaction within the flexible guidelines and requirements.

Award Literature

The essential information resource for operating the Programme is this publication "The Duke of Edinburgh's Award in Canada Handbook". The Record Book is the participant's personal responsibility and must be used to record progress through the various requirements at all levels. Additional background and promotional literature may be obtained from an Award office.

Starting the Programme

Having obtained the necessary Handbook, the next step is to become familiar with the conditions and structure of the Programme. Nothing, however, can take the place of personal contact, and new Award leaders should, wherever possible, discuss all aspects of the Programme with their provincial director.

Each community has a wealth of people with special skills and interests who, if approached are often more than willing to help young people by coaching various activities and acting as assessors. They can often be found through clubs, chambers of commerce, churches, schools, YW/YMCA and local sports and athletic clubs.

The Programme should never be introduced to young people without first completing some preliminary planning and preparation.

Running the Programme

While a free choice of activities is desirable, it may be necessary to limit a young person's selection to those which fit in with community resources or for which adult help is available.

Help in co-ordinating Award activities is available in many localities through Award committees which can help:

- a) exchange information and ideas about the Award and its operation,
- b) initiate appropriate action for the development of the Award locally,
- c) compare standards with a view to maintaining them at a uniform and adequate level as between local groups,
- d) ensure that the best use is made of available instructors, equipment and facilities,
- e) seek and promote local publicity for the Programme,
- f) enlist the aid of additional adult support,
- g) help young people leaving school to continue with the Award,
- h) represent their community at higher levels or at regional conferences and
- i) help in the effective distribution of Award literature.

When young people have successfully completed all the requirements for an Award and their record books have been approved by a provincial director, they are entitled to receive the appropriate pin and certificate. Due to the stature of the Awards and to ensure that a young person is suitably recognized, a local ceremony should be arranged for the presentation of all pins and certificates, inviting some well-known civic or other personality to make the presentations. Bronze Award ceremonies are normally arranged by a group or municipality while Silver and Gold Award ceremonies are arranged by a provincial Award office. The National Office has the final responsibility for and assists with the Gold Award ceremonies.

For the Gold Award, achievers receive their choice of a gilt brooch or a pin.

Continuing the Programme

When young people are leaving school or moving to a new area, it is important to encourage them to continue with the Award and to take steps to enable them to do so. The person best able to help in this is most likely to be the provincial director who will be in touch with all groups within the area.

If the participant is leaving the district, the Record Book should be up to date and the page provided should be filled in and a copy sent to the appropriate Award office into whose area the participant is moving.

To foster a continuing response to the need for adult help, it is necessary to keep the Programme, its purpose and achievements in the public eye. Participating groups can help by mentioning the Programme and activities of Award participants in their own literature and magazines. Award leaders should use every opportunity to bring the activities of young people taking part to the notice of the local media who are generally pleased to give publicity to the Programme.

GENERAL CONDITIONS

1. Entry into the Programme is open to all young people and is made by registering with a recognized participating group or with an Award office. This marks the starting point in the Programme, and no activities undertaken before this has been done may count towards an Award. Entry may be for any level, subject to the age requirements below.
2. For each Award, those taking part must complete activities in the four sections, namely:
 - a) service,
 - b) expeditions and explorations,
 - c) skills and
 - d) physical fitness.

Gold Award participants must also complete a Residential Project.

3. A participant may not use the same activity to qualify for more than one section of the Programme. For example, dancing may not be used both as a skill and as a fitness activity.
4. There are three Awards, which may be attempted at any time after the ages shown:
Bronze - 14th birthday
Silver - 15th birthday
Gold - 16th birthday

The upper age limit for all Awards is the 25th birthday and all activities to be counted for an Award must be completed by this time.

5. The minimum time requirement for each level of the Award is
 - a) for Bronze - six months.
 - b) for Silver - twelve months, or a minimum of six months if you have achieved the Bronze Award.
 - c) for Gold - eighteen months, or a minimum of twelve months if you have achieved the Silver Award.
6. Young people may enter directly into the Silver or Gold Awards provided that they satisfy the age requirements.
7. Candidates who qualify for certain badges or awards in youth organizations may count these qualifications towards the respective section of the Programme provided that:
 - a) the activity is the same,
 - b) the conditions of the activity are the same and,
 - c) the standards for the badge or award in question are not less than that required for the same activity in the Programme.

8. Participation in the Programme is to be a young person's voluntary choice, and activities to count for an Award are to be undertaken in their leisure or free time. Compulsory curriculum activities may not be counted toward an Award. Participants receiving pay at organized camps may not use camp activities for qualification in The Duke of Edinburgh's Award.
9. Instruction must be given by suitably experienced or qualified persons, as required by the separate conditions for each Award.
10. Assessment is to be undertaken by qualified persons approved by participating groups in accordance with the separate conditions for each Award. An assessor is any adult in the community who is knowledgeable and experienced in the particular skill or activity to be evaluated.
11. The Record Book is to be used to record successful progress through the Programme and entries may only be made when the requirements for each section have been met. The appropriate space in the Record Book should be completed and signed by the assessor.
12. Disabled participants should attempt as much of the Programme as possible under the conditions as outlined, but modifications may be made in consultation with the Provincial Director.
13. The Residential Project is an extra requirement for the Gold Award. However, participants may take part in, and qualify for, the Residential Project regardless of the Award level they are currently working on, as long as they have passed their sixteenth birthday.
14. Careful records of all activities should be kept. This includes a record of service hours, fitness points, and a log report for each expedition. Also monitor frequency of involvement with skills.
15. Once a participant has successfully completed all requirements for any Award level, he or she may begin to count activities immediately for the next Award level, provided the age requirement has been met.
16. The detailed conditions are given separately for each Award in the following chapters. Please note that these are minimum requirements to qualify for an Award.
17. The Duke of Edinburgh's Award in Canada carries a limited amount of group accident insurance for those participants who are not affiliated with any other group. For further information please refer to the office of the Provincial Director.

Reach for your Best!

EXPEDITIONS & EXPLORATIONS SECTION

Goals

To develop self-reliance by undertaking an interesting journey of discovery. To encourage young people to develop an awareness of the natural environment and the importance of protecting it during the expedition/exploration.

Objective

Young people must undergo appropriate training, including safety precautions. Then they must carry out a practice journey(s) and finally complete an expedition, exploration or adventurous project having some preconceived purpose of discovery. The journey should present a challenge in terms of physical effort and fulfillment of its purpose.

Requirement

1. All should involve travel by personal effort without motorized assistance. In order to get to the departure point or from the completion point, motorized transport may be used. There are three types of journeys:
 - a) Expeditions — which have a journey as their principle component. Expeditions may be undertaken by participants at any level.
 - b) Explorations — which involve less of a journey and a greater proportion of time being spent on approved investigations or other specified activities but which are to be undertaken in the context of an expedition. Explorations may only be undertaken by participants at the Silver or Gold levels and must have prior approval from an Award Committee or Award office.
 - c) Adventurous projects—which are of an equally or more demanding nature but which depart from the specified conditions. Adventurous projects may only be undertaken by participants at the Gold level and require prior approval from an Award office.
2. All journeys, expeditions and explorations, must have a clearly defined and preconceived purpose which may vary from the successful completion of a demanding journey to the satisfactory conclusion of a practical investigation.
3. The duration of the journey varies depending on the level of the Award:
 - a) for Bronze — two days including one night away.
 - b) for Silver — three days including two nights away.
 - c) for Gold — four days including three nights away.

4. Required Hours to be spent on planned activities:

- a) for Bronze — an average of six hours per day.
- b) for Silver — an average of seven hours per day.
- c) for Gold — an average of eight hours per day.

For expeditions, the required hours of activity, which had been previously planned, are to be spent on the journey, navigating and route finding, setting up and striking camp and on tasks related to the purpose of the expedition.

All explorations are to include an element of a journey and in every case, at least ten hours is to be spent in this way. The remainder of the time is to be spent on the approved investigation or special activity.

Suggested distance for various modes of travel are as follows:

MODE	BRONZE	SILVER	GOLD
on foot or snowshoe	25 km	50 km	85 km
nordic skiing	35 km	65 km	95 km
bicycle	85 km	165 km	250 km
horseback	50 km	100 km	165 km

This list is only a guide and is not intended to restrict the choice of mode of travel for the participant. It is recognized that other modes of travel such as canoeing, sailing, kayaking, rock climbing and dog sledding are best measured by duration rather than distance. Leaders and assessors should also take into account the nature of the terrain and climatic conditions.

- 5. Adventurous projects which may be described as expeditionary or exploratory, may be allowed provided that prior approval has been obtained from an Award office.
- 6. The environment chosen must be appropriate to the purpose of the journey. For Silver and Gold participants, the environment chosen must be unfamiliar.
- 7. For any journey there must be a minimum of three and a maximum of seven in the party. If your group has more than seven, you would need to divide into smaller units. For water journeys, there must also be a minimum of two small boats or three canoes. For technically difficult expeditions a larger party may be considered necessary upon consultation with your provincial director, e.g. Fur Trade canoes.
- 8. In the planning/training stage for each journey, each individual must undertake a share of the general organization of the journey, including submission of the planned route to the assessor for approval. It is imperative that, for trips into unfamiliar territory, training for each participant be completed prior to the journey. Examples of appropriate training include safety precautions, map reading, map and compass use, first aid, cooking, and wildlife awareness. An outline of the training to be undertaken, and practice journeys, must be submitted to the assessor at the same time as the plan for the qualifying journey. Due account must be given to seasonal and terrain conditions.

Any assistance given to the participants should be appropriate to the Award level.

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9. For all journeys, including practice journeys, suitable clothing and footwear must be worn and equipment and spare clothing appropriate to the nature of the journey must be carried. Participants should be knowledgeable in the use of all items of equipment.

Note: A detailed Route Card outlining the planned route and time table of the journey, as well as an alternate emergency route, must be submitted to the assessor before the journey. Relevant medical information on each participant should also be given to the assessor prior to any journey.

10. Nights away should be spent camping but, where appropriate, participants may make use of youth hostels, huts, barns or similar accommodations. Tents should be isolated or on small sites. Hostels and huts should be relatively remote. For expeditions, different sites should be used each night. For explorations, the same site may be used more than once if the nature of the journey so requires, in which case full equipment need not be carried on intermediate days.
11. When camping, food is normally to be carried by participants but fresh produce may be purchased during the journey. At least one hot cooked meal must be prepared each day.
12. Prior to their qualifying journey, all participants are required to carry out practice journeys which must be accompanied by adults. Practice journeys need not be of the same duration and must not be over the same route but conditions should otherwise approximate as closely as possible to those anticipated for the qualifying journey, and should include at least one night out.

Requirements for practice journeys vary depending on the level:

- a) for Bronze — one practice journey,
 - b) for Silver — two practice journeys (those who have completed a Bronze expedition of a similar nature are exempted from one of these practice journeys) and
 - c) for Gold — three practice journeys (those who have completed a Bronze expedition of a similar nature are exempted from one of these practice journeys or those who have completed a Silver expedition or exploration of a similar nature are exempted from two of these practice journeys).
13. Reports are required of all participants and are to be submitted for assessment along with their record book on completion of the Award level. We recommend the use of the guidelines, outlined in this chapter, in preparing Expedition and Exploration reports.
14. All journeys will adhere to the Wilderness Code of Behavior as outlined.

Wilderness Code of Behavior

The enjoyment of outdoor pursuits is one of the fastest growing leisure activities today. This impact should make us realize the value of gaining new knowledge of the environment and how to minimize damage to these areas. Enlightened outdoor users are attempting to travel and camp with a minimum impact on the natural environment. Here is a code of behavior to help you ensure the "wise use without abuse" of wilderness areas.

Planning

1. Keep the group size small. Remember however, that the ecological impact of a group is not necessarily a function of numbers. Two careless people can do far more damage than eight careful ones. Carrying capacity (the ability of an area to support life) varies, so the number of people should depend on the region of Canada involved.
2. Prepare carefully. Carry everything you need with you. If you pack it in, pack it out.
 - a) Research the trip area, become familiar with federal, provincial, local laws and regulations.
 - b) Conduct pre-trip discussion and instruction with the group.
 - c) Carry adequate food supplies. Do not rely on the environment.
 - d) Carry proper equipment.

Travelling

3. Use existing trails and portages and stay within their confines. Conduct a careful study of the environmental implications before considering new trails.
4. Use switch backs in trails. Do not cut a new trail to save 50 metres.
5. Limit the wearing of lug soled footgear (footgear with pronounced ridges on the soles) to the time when absolutely necessary because this type of boot tends to disturb vegetation to a considerable degree and generally leads to unnecessary erosion, especially when worn by a large group.
6. Respect private property. Obtain travel permits, or ask permission to traverse private property where applicable.

Campsites and Shelters

7. Use existing campsites. Keep heavy use to a confined area (because of soil compaction).
8. Do not overstay. Do not expand the campsite.
9. Refrain from using natural materials for shelter, except in emergency situations. Use a tent or plastic tarp.

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10. Refrain from landscaping the campsite.
 11. Use natural drainage. Do not dig trenches, especially in delicate environments.
 12. Change footwear to a lower impact shoe while staying in and around campsite.

Fires

13. Use stoves where law and local regulations dictate; where there is a fire hazard; where serious danger to the ecosystem exists; where there is little or no firewood; and where the user wishes to have a minimal impact.
14. Obtain fire permits when applicable.
15. Keep fires small.
16. Use existing fire pits. If the area is untravelled, remove evidence of fire after use.
17. Where a fire pit is absent, dig to the mineral level of the soil, avoiding the burnable soil, roots and overhanging trees. Save sand to cover cold ashes. Replace top sod.
18. Use only deadwood for the fire, using wood no larger than 5 to 8 cm in diameter.
19. Burn all wood completely to a white ash. Retrieve non-burnables such as foil, tin cans, glass, and pack it out.
20. Douse the fire thoroughly. Stir ashes and the area surrounding the ashes. Douse again. Eliminate fire scars where possible.

Human Waste

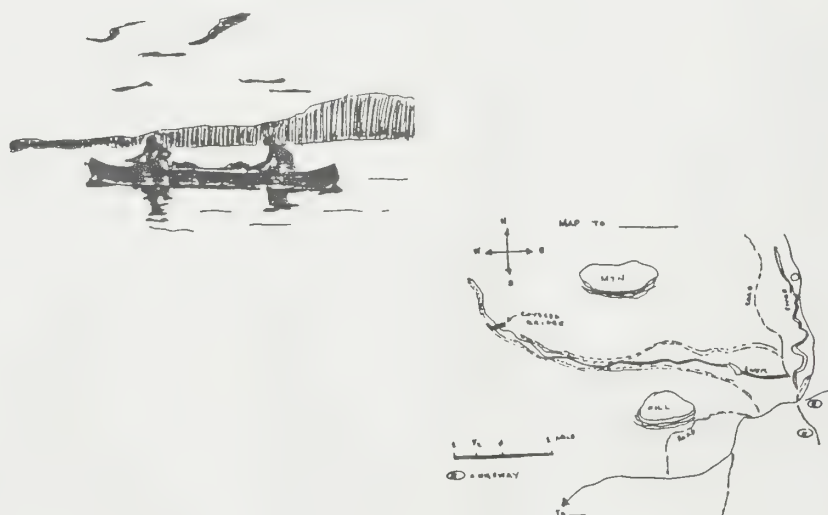
21. Use existing outhouses.
22. Bury human waste in a small, shallow latrine 15-20 cm deep (6 in.-8 in.) at least 50 metres (150 ft.) from open water.
23. Use single ply white toilet paper and burn (or bury) completely.

Other Waste

24. What is carried in must also be carried out. Burn it, bash it, bag it, bring it back.
25. Personal hygiene activities like brushing teeth and washing hair should be carried out using pans designated for such use, as well, pans should be used in the washing of dishes and clothes. Cleaning of any type must not take place in a lake or stream. Water used for personal hygiene and water used to wash dishes and clothes must be disposed of in a pit located at least 50 metres from the bank or shoreline.
26. If using soap, use mild biodegradable soap, but never in a lake or stream.

27. You are a guest in someone's home, so act accordingly.
28. Avoid over-fishing, over-hunting and over-trapping. Obtain necessary licenses, such as fishing license.
29. Obey all fish, game and forestry laws and regulations. It is also important to help challenge the laws which are environmentally unsound.
30. Do not pick edible wild foods except where they are clearly abundant. Never pick wild flowers, especially when there are not very many of that particular species in the area. Some species are killed when picked. Most species of wild orchids, for example, are killed when picked during the flowering phase.
31. Avoid camping or travelling through environmentally sensitive or ecologically unique areas.

32. Pack out all non-biodegradable garbage that you find.
33. Fill in over-used latrines that are situated too close to the water.
34. Inform authorities of the mistakes of others if they are too extensive for you to cope with.



Guidelines for Reports on Expedition/Exploration

Your report should include:

Preparation

What training did you have toward your qualifying journey?

(example: first aid, orienteering, other courses)

Describe your practice journey (distance, location, duration, etc.).

How did it prepare you for your qualifying journey? Be specific.

Qualifying Journey

The report should answer all of the following basic questions:

1. Why did you choose to make this journey?

What was the purpose (e.g. to test equipment, or skill, to study the environment, to retrace the steps of an explorer, etc.)

2. When did you take the trip?

On what dates (month, day, year) did the journey occur (beginning, end)? You may wish to state the hour, if relevant.

3. Where did you go?

Geographic location (e.g., specific park, river, or city) include a map, hand drawn approximately to scale, with north point, or a printed map or copy as long as it clearly shows your route. You should include campsites, lunch stops, short descriptive notes on terrain, vegetation, wildlife, or unusual occurrences.

4. How did you travel?

Method of travel from the start of the actual journey to its completion. Did you carry your pack the whole time?

5. Who went with you?

Who (names) went with you (indicate leaders). Were they working on the Award? As part of your group or as independents?

6. What did you experience?

What did you experience? What did you learn? What would you do differently if you did it again? How did your qualifying journey challenge you? What advice would you give to someone doing the same expedition?

Additional Items to be Included:

- personal equipment list (your own list, not one supplied to you)
- group equipment list (your own list, not one supplied to you)
- first aid and safety equipment
- weight of equipment
- menu - at least one hot meal each day (should be nutritional).
- any other material of interest or documentation

Special Notes:

1. Prepare your reports individually.
2. Written reports should be understandable and reasonably neat. Avoid slang.
3. Remember there is some flexibility in the time/distance requirements, e.g., 50 km in 3 days could be spread over 4 or more days, or 12 km per day in mountainous terrain would be roughly equivalent to 20 - 25 km per day hiking on level terrain, or 100 - 120 km per day cycling on level terrain, etc.
4. Applicants undertaking short distance exploration e.g. study of natural environment, will be assessed on the quality of their in-depth study. The duration however, must meet the requirements of the Handbook.
5. Where leaders determine that a written report is inappropriate, or that a verbal/slide/tape presentation is the most appropriate communication tool, make arrangements with the assessors for a presentation/interview.
6. Would the reading of your report prepare someone to meet the challenges and difficulties of this expedition?
7. Are the preliminary training page and the qualifying journey page of your record book completed and signed?
8. Any other creative entry you wish to include in your report is encouraged such as artistic expressions, photographs, poems or drawings.

Supervision

A supervisor must accompany the group on the expedition to ensure safety. This person may be the instructor or the assessor or another experienced adult. Where participants are members of a youth organization, the supervision and safety requirements of that organization must also be met.

Assessment

An assessor must judge the performance of **each participant** on the qualifying expedition or exploration and must be satisfied that the conditions have been fulfilled. For some explorations, it may be desirable to have a special assessor to judge the quality of the investigatory work.

Whenever possible, for safety reasons, assessors should be independent of those who have instructed the group during preliminary training. They should be persons experienced in the type of journey undertaken and, for Gold Award journeys, should ideally hold a recognized qualification appropriate to the particular activity.

Finally, the assessor will decide whether **each participant** has qualified in this section or should be required to undertake a further venture. The Record Book may only be signed by the assessor when participants have fully qualified in this section.

Note: It is not necessary that all members of the expeditionary group undertaking the journey be Award participants.





Come and join us! ■

To learn more and to discuss your interests with a volunteer in your area, write to your provincial office.



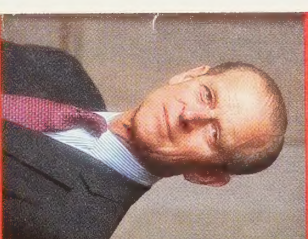
The Duke of Edinburgh's Award in Canada

ONTARIO
Suite 825, 207 Queen's Quay West, P.O. Box 124
Toronto, Ontario
M5J 1A7
TEL.: 594-0520

Reach For Your Best!



The Duke of Edinburgh's Award in Canada



More than 100,000 young Canadians have discovered they can make a difference in their own lives and in the lives of others. And they are finding out through the Duke of Edinburgh's Award Program. You can make a difference and here's how!





■ Go for it!

Your only competition is yourself and the only barriers are the ones *you* build. Your achievements are measured against what you have done and what you can do. So take the challenge. Stretch your limits of achievement beyond what you even think possible.

Horizons are broadened for everyone who takes up the challenge of the award. With guidance and support of a volunteer, you can plan your own activity goals in each of the following areas:

SERVICE

A chance to prepare for and provide voluntary service to others and your community.

EXPEDITIONS

Undertake a challenging journey of discovery and adventure.

SKILLS

Discover and develop your personal interests and social and practical skills.

PHYSICAL RECREATION

Improve your personal health and physical fitness.

Each of the four areas offers a wide choice of activities to suit your individual talents and interests. Make a space in your life, meet new friends and learn new skills.



If you're 14 to 25 years old, able or disabled, you're eligible. With the help of a volunteer, set your goals in personal development and community service activities and then reach them. Then the Duke of Edinburgh's Award will recognize your initiative, achievement and excellence by presenting you with a bronze, silver or gold award.



■ Be a winner!

The Award has three levels, reflecting your age and development, as you go on to accomplish new goals. Entry requirements:

BRONZE

To be 14 years of age or older.

SILVER

To be 15 years of age or older.

GOLD

To be 16 years of age or older.

Completion time for Gold Award activities is age 25.



■ It's up to you!

Many of Canada's major youth, educational and social service organizations support the program and are registered as *Participating Groups*.

You may already be involved in some of the activities that are part of the Award through your participation in national youth organizations, independent youth clubs, schools, church organizations or cadet activities.

You can take the challenge independently or through one of the *Participating Groups*. But it can only start with your own initiative.

